



HUMBOLDT STATE UNIVERSITY

Institutional Review Board for the Protection of Human Subjects

707-826-5165 | irb@humboldt.edu | www.humboldt.edu/human_subjects

MEMORANDUM

Date: 5/10/2018

To: Young S Kwon
Andrew Hahn

From: Susan Brater
Institutional Review Board for the Protection of Human Subjects

IRB #: IRB 17-215

Title: Optimal Interval and Metabolic Profile of the 1:1 HIIT Program during Treadmill Run to Exhaustion in Recreational Runners

Thank you for submitting your application to the Committee for the Protection of Human Subjects in Research. I am able to provide expedited review of your proposal because your research:

will involve the collection of data through noninvasive procedures (not involving general anesthesia or sedation) routinely employed in clinical practice, excluding procedures involving x-rays or microwaves.

The Expedited approval of your research will expire on **5/9/2019**. By Federal Regulations, all research related to this protocol must stop on the expiration date and the IRB cannot extend a protocol that is past the expiration date. In order to prevent any interruption in your research, please submit a renewal application in time for the IRB to process, review, and extend the Expedited designation (at least one month).

Important Notes:

- Any alterations to your research plan must be reviewed and approved by the IRB prior to implementation.
 - Change to survey questions
 - Number of subjects
 - Location of data collection,
 - Any other pertinent information
- If Expedited approval is not extended prior to the expiration date, investigators must stop all research related to this proposal.
- Any adverse events or unanticipated problems involving risks to subjects or others must be reported immediately to the IRB (irb@humboldt.edu).

cc: Faculty Adviser (if applicable)
Institutional Review Board for the Protection of Human Subjects

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